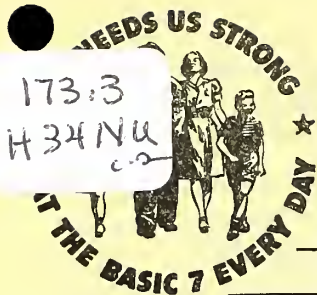


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PLANNING FOR MIDCENTURY WHITE HOUSE CONFERENCE ON CHILDREN AND YOUTH

For the Midcentury White House Conference representatives of Federal agencies will be preparing technical reports bringing together pertinent information about children's needs. The nutrition report will be prepared by the Public Health Service, Children's Bureau, and Bureau of Human Nutrition and Home Economics.

At a recent meeting of the Advisory Council on Federal Participation in the Conference, the Conference staff urged Federal agencies to stimulate State and local groups to work with State committees preparing for the December meeting.

Chairman of the Advisory Council on Federal Participation is Dr. Hazel Stiebeling, Chief of Bureau of Human Nutrition and Home Economics; Vice Chairmen are Dr. Earl J. McGrath, Commissioner, Office of Education, and Mr. Ewan Clague, Commissioner, Bureau of Labor Statistics.

"A widespread movement is under way in the States to involve as many people as possible in looking at the conditions affecting children in their States and communities and in evaluating their needs in terms of the statement of focus," according to Louis de Boer, Director of State and Local Action for the Conference. State committees are responsible for stimulating local committees to look at their own situation and develop widespread participation.

State committees will also develop reports pointing out needed legislative and administrative changes and public information programs necessary to bring about social action. The local committees also may present recommendations.

It is suggested that State Nutrition Committees direct attention to children this year and offer their services to other State groups planning for the Conference. A list of State committee chairmen is being mailed to each State Nutrition Committee chairman.

RED CROSS FOOD AND NUTRITION SERVICE

It's Food and Nutrition Service of the American Red Cross now, not Nutrition Service. The change in name reflects a changed emphasis on activities, Pauline Murrah, Red Cross representative and national director of the Service, told members of the Interagency Committee on Nutrition Education and School Lunch.

Primary emphasis will be placed on assisting other Red Cross Services, such as Disaster, Canteen, Nursing, and Home Services, in the phases of their programs related to food and nutrition, she explained. The food and nutrition staff at national headquarters will consist of a director and two assistant directors, one trained and experienced in food service (mass feeding) and one in family economics.

In addition, each of the four area offices will have a professionally qualified director of Food and Nutrition Service. She will spend much time on staff education, especially with the field representatives who assist chapters.

Chapters are encouraged to develop a program in support of other Red Cross Services. In addition they may continue to provide a community nutrition education service or serve as a participating agency in such a service where it is needed and advisable. Basic standards have been established by the national organization for chapter nutrition education programs. All such activities of a chapter are directed by a food and nutrition committee. A chapter director, paid or volunteer, for this Service and a technical advisor for the committee are expected to meet the professional qualifications listed in the publication, "Outline of Plan for Food and Nutrition Service."

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NEWS OF STATE, COUNTY

COUNTY-WIDE NUTRITION PROGRAMS

Lelia C. Ogle, Secretary of the Indiana Nutrition Council, writes as follows of a cooperative nutrition project in two Indiana counties—

The principal objectives of the Floyd-Harrison nutrition program are to develop methods and techniques in nutrition education which might be used in other counties and to demonstrate the value of marshalling local resources and focusing them on a common problem.

A survey of food habits was made to furnish facts on which to build a nutrition program, and to use as a basis for measuring progress. Data were obtained on 3,829 boys and girls from first grade through high school (August 1949 NNL). The findings showed that the consumption of important Basic 7 food groups, such as milk, and fruits and vegetables, fell far short of the recommended amounts. These foods were lacking more frequently in the diets of rural children than in those of town children.

These findings were discussed with citizens committees of both counties and a subcommittee on nutrition was appointed in each county to study the survey findings and determine the nutrition problem to be attacked first. Harrison County, which has a Grade A milk problem and is largely rural, chose the problem of milk consumption. Floyd County Nutrition Committee decided that better breakfasts were needed.

A student working for a master's degree was placed in these counties as nutritionist from September 1949 through January 1950 by the State Board of Health aided by General Mills. This plan gives the student nutritionist an opportunity to develop methods and devices on which she can secure advice from the college faculty, and brings community nutrition problems back to the college.

In Harrison County, school civic committees were formed in 11 schools. These committees interested teachers and parents in the milk program and made arrangements with milk companies for daily delivery of milk to schools. Milk companies supplied coolers to each participating school. Sales of milk were maintained at high level when the teacher was interested and drank milk herself.

Other activities in the county were—

..An exhibit on milk and its uses by the Farm Bureau at the county fair.

..Lessons on a safe milk supply for all home economics clubs, a radio program, and newspaper articles by the home demonstration agent as well as programs by 4-H club leaders.

..A visit of the Purdue Dairy Caravan arranged by the county agricultural agent who also stressed control of brucellosis and home pasteurization of milk.

..Lessons, talks, and demonstrations by the nutritionist at PTA, Farm Bureau, civic, and home economics and other women's club meetings. Teachers were trained individually and in groups in methods they might use in the classroom and were given posters and leaflets for use in various grades.

..Milk drinks and cereals cooked in milk were demonstrated by the nutritionist in various schools.

A great deal of interest has been aroused and some results, in addition to getting milk into 11 schools, are—

..Plans for hot lunches in two schools.

..Increased milk consumption at home by children.

..Milk brought from home with packed lunches by children.

The Harrison County Nutrition Committee plans to continue emphasis on milk for another year. The Floyd County Nutrition Committee, likewise, with experience similar to Harrison County's, is continuing its program of improved breakfasts.

The Dental Division of the State Board of Health is examining the teeth and gum tissue of all school children in both counties.

With the experience gained by local leaders and schools working with the county nutritionist the program in these counties is expected to continue for some years with the assistance of the district office nutritionist. Other county-wide programs will probably develop also, using the methods found successful in this study.

AND LOCAL COMMITTEES

STATE COMMITTEE NEWS IN BRIEF

Iowa—The Council is reorganizing with Mrs. Helen N. Lovell of the State Department of Health as chairman.

Mississippi—The new chairman is Eleanor Wilson of Delta State Teachers College.

New York City—The Mayor has proclaimed May as Nutrition Month. The slogan for the Month, "Be Bright, Eat Right" will be given widespread promotion throughout the city. The Second City-Wide Nutrition Exhibit will be shown in the boroughs during the week of May 8-12 and at the Museum of the City of New York on May 17, 18, and 19.

In Georgia the State Nutrition Committee reorganized into the Georgia Nutrition Council with Dr. Mary Speirs as chairman.

PUERTO RICO PROMOTES USE OF NONFAT DRY MILK

How to provide a cheap milk supply for Puerto Rican families was a problem the Puerto Rico Nutrition Committee set itself to solve. The problem was urgent, writes Rosa Marina Torres, president of the Committee, since not enough fresh milk is produced in Puerto Rico for the population and the average price is not within the means of the poor. To solve the problem the committee, with the help of Dr. Lydia Roberts, decided to promote the use of nonfat dry milk.

The first step was to get the nonfat dry milk imported and into all retail stores. Then the regulations for selling such milk in Puerto Rico were drawn up by the Department of Health.

People were encouraged to purchase and use nonfat dry milk through an educational campaign carried out with the cooperation of all agencies within the Committee and of Governor Muñoz-Marín. By early March nearly 1,000 demonstrations on how to use milk had been seen by about 40,000 people in towns and rural communities. The Committee plans to continue the demonstrations until all the 300 rural communities are reached and nonfat dry milk can be bought in all stores.

The demonstrations are carried out according to an outline prepared by the Committee and instructions given workers responsible for the demonstrations.

Various agencies are assigned responsibility for different areas to insure coverage of the Island, and each demonstration is reported to the agency head to show how the program is being spread.

The product was given prestige because the demonstrations have been held by professional workers such as nutritionists, home economics teachers, and extension workers.

The education campaign, in addition to the demonstrations, includes newspaper articles and talks by qualified persons to inform the public about the product and the purpose of the program.

A 5-fold leaflet, "Leche sin Grasa," printed in Spanish with line drawings supplements the message. Each fold contains a question and answer, such as "What is nonfat dry milk?"; "How can we secure vitamin A?"; "How is it prepared?"; "How can it be used?"; "How is it sold?"; and "How much milk should be prepared for your family?".

(For use in the Caribbean Area the USDA Office of Foreign Agricultural Relations, Washington 25, D. C., has published a 4-page folder, "La Leche en Polva Sin Grasa Hace Una Bebida Nutritiva," based on BHNHE material. A limited number of copies are available upon request to OFAR.)

UTAH STUDIES DIETS FOR OLDER PEOPLE AND FOOD PRESERVATION METHODS

The Utah Nutrition Council has been giving attention to local problems and is encouraging people to refer questions on food and nutrition to the Council for answer, according to Chairman Marie Driscoll.

"Dietary Recommendations for Older People by the Utah Nutrition Council"—a one-page statement summarizing a panel discussion at the February meeting—was given each agency for duplication and distribution.

Home food preservation methods recommended for Utah are being written up for use by all agencies giving out canning information. Taking part in the discussion of methods were persons teaching canning in high schools and colleges as well as extension workers and demonstrators from public utilities.

DELAWARE'S BREAKFAST WEEK REACHES MANY STUDENTS

Pleased with the results of its Breakfast Week (Nov. NNL), the Delaware Nutrition Committee reports through Chairman M. Gertrude Holloway that—

..Wilmington bakers publicized the week in newspaper advertisements.

..Students' attention was aroused by posters and by the "bring a guest to breakfast" plan at the University.

..4-H Clubs gave demonstrations at club meetings and county achievement affairs.

..In schools good breakfasts were emphasized in home economics classes, and in other classes by exhibits, breakfast units, and surveys of breakfast eating habits.

NEW HAMPSHIRE SETS ITS OBJECTIVES

To act as a steering committee to raise the level of nutrition of New Hampshire people is the objective of the New Hampshire Nutrition Committee, according to Chairman Helen E. Hinman.

The committee proposes to—

..Continue to study nutrition needs through surveys, questionnaires, health reports.

..Find and develop leaders for State and county nutrition programs.

..Encourage a nutrition program for schools and devise methods to make nutrition teaching more effective.

..Assist in improving the nutrition in institutions by holding a Food Workshop each year.

..Assist in making people aware of the importance of nutrition through such channels as newspapers, radios, exhibits, and refresher courses.

..Try to improve food standards in homes, restaurants, lunchrooms, and hotels.

..Encourage group thinking on nutrition programs and needs as they develop in the State, Nation, and world, and to be ready to meet any nutritional emergency.

(Continued from page 1)

The Red Cross continues to rely heavily upon volunteers—professional as well as lay—to carry on its work. Miss Murrah pointed out that, although until recently Red Cross employed between 100 to 125 nutritionists, the chapters depended largely on volunteers to teach nutrition courses. In the peak war year of 1943 over 19,000 were authorized to teach Red Cross nutrition courses. "With such cooperation from you and your colleagues, we have perhaps had a share in the total nutrition education program," she said.

NEW MATERIALS

Available from the Office of Information, USDA, Washington 25, D. C.

Recipes for Evaporated Apple Rings. (Leaflet 263, 12 pp. 1950.)

Diets of Families in the Open Country ...a Georgia and an Ohio County, Summer 1945. (Misc. Pub. 704, 90 pp., illus. 1950.)

Available from the Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Citrus Fruit Consumed by City Families. (Commodity Summary No. 8, 15 pp. 1950. Processed.)

Available from Education Section, Department of Public Services, General Mills, 400 Second Ave., S., Minneapolis 1, Minn.

Workshop Directory. (List of workshops giving some emphasis to nutrition to be held this summer. Compiled from data supplied by State departments of health and of education and by teacher-training institutions.)

Available from Paul B. Hoeber, Inc., Harper Bros., New York, N. Y.

Handbook of Clinical Nutrition. (Prepared by the Committee on Diagnosis and Pathology of Nutritional Deficiencies of the National Research Council's Food and Nutrition Board, and edited by Drs. Norman Jolliffe, Paul Cannon, and F. F. Tisdall. Represents the cooperative effort of 36 specialists in the symptoms, techniques of diagnosis, and therapy of nutritional diseases. 900 pp.+11 pp. color photographs. \$12.)